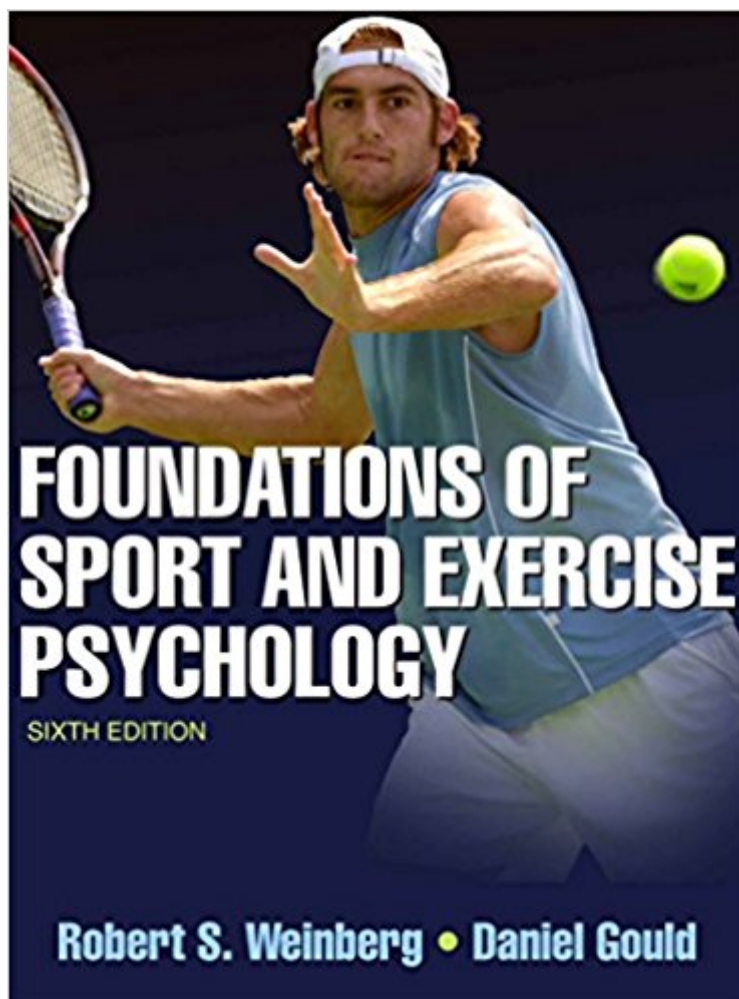


The book was found

Foundations Of Sport And Exercise Psychology-6th Edition



Synopsis

As the leading text in sport and exercise psychology, *Foundations of Sport and Exercise Psychology, Sixth Edition With Web Study Guide*, provides a thorough introduction to key concepts in the field. This text offers both students and new practitioners a comprehensive view of sport and exercise psychology, drawing connections between research and practice and capturing the excitement of the world of sport and exercise. The internationally respected authors have incorporated feedback from teachers and students to create a text that builds on previous editions, making the material accessible to readers. In-depth learning aids have been refreshed, including chapter objectives and summaries, sidebars, key terms, key points, anecdotes, and discussion questions to help students think more critically about applying the material. Other updates to the sixth edition include the following:

- More than 40 new video clips integrated into the web study guide to better demonstrate the core concepts addressed in the book
- Additional emphasis on hot topics, including mindfulness, cultural diversity, ethics and professional issues, and transitions in sport
- New ancillaries to help instructors teach their courses, including an image bank, chapter quizzes, and more than 122 instructor videos
- Updated references, including more contemporary sources

The text provides students with a unique learning experience—taking them on a journey through the origins and goals, key concepts, research development, and career options available in the field—in seven parts that may be studied in any sequence. Following an introduction to the field, the text then shifts focus to personal factors that affect performance and psychological development in sport, physical education, and exercise settings. Situational factors that influence behavior, group interaction and processes, and the use of psychological techniques to help people perform more effectively are covered, as well as the roles psychological factors play in health and exercise. The final section deals with topics of psychological development and well-being that are important to both society and sport and exercise psychology, including children's psychological development through sport participation, aggression in sport, and moral development and good sporting behavior in sport and physical activity contexts. The updated web study guide serves as an important learning tool to support the educational journey. With more than 100 engaging activities, it works directly with the text in guiding students to complete the related activities for each chapter and apply knowledge gained from the text. The study guide activities require students to do the following:

- Use actual sport and exercise psychology instruments to assess their skills.
- Determine how to respond to real-life scenarios (with short answers or essays).
- Review research studies and experiments.
- Search the Internet for relevant information.
- Apply and test their understanding of principles and concepts of sport and exercise psychology.

Many of the study guide activities offer compelling audio

and video clips that provide an interactive look at how sport psychology consultants communicate with athletes and coaches to improve athletic experiences. These clips feature esteemed experts from the field discussing course concepts that they have studied and refined during their professional careers. To further emphasize practical application, portfolio activities can be integrated through a full semester, turning course units into a unified whole that builds upon itself for greater understanding of the field.

Book Information

File Size: 20665 KB

Print Length: 667 pages

Page Numbers Source ISBN: 1450469817

Publisher: Human Kinetics; 6 edition (October 16, 2014)

Publication Date: October 16, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00LPICJ6Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #10,998 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 inÂ Kindle

Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory >

Physical Education #2 inÂ Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences

> Social Sciences > Social Work #4 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports >

Miscellaneous > Sports Psychology

Customer Reviews

The book is easy to understand. It also is laid out well, and gives practice questions. The book I received was in amazing condition for being used.

Looked good and came on time

Great text book, I used it for my PhD, great foundational information and an easy read.

Perfect! Exactly what I expected.

Great rental, helped me get an A

this is for a class and is what i needed.

The textbook is detailed, full of helpful pictures.

Great book

[Download to continue reading...](#)

Foundations of Sport and Exercise Psychology 6th Edition With Web Study Guide Foundations of Sport and Exercise Psychology-6th Edition Foundations of Sport and Exercise Psychology With Web Study Guide-5th Edition Foundations of Sport and Exercise Psychology Foundations of Physical Education, Exercise Science, and Sport Physiology of Sport and Exercise 6th Edition With Web Study Guide Therapeutic Exercise: Foundations and Techniques, 6th Edition Foundations in Nursing Research (6th Edition) (Nieswiadomy, Foundations of Nursing Research) Sport Psychology Library: Bowling: The Handbook of Bowling Psychology Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. (dark psychology, mind control, hypnosis, forbidden psychology, manipulation)) Biomechanics of Sport and Exercise With Web Resource and MaxTRAQ 2D Software Access-3rd Edition Physiology of Sport and Exercise with Web Study Guide, 5th Edition Biomechanics of Sport and Exercise, 2nd Edition Psychological Dynamics of Sport and Exercise, Third Edition Introduction to Sport Law With Case Studies in Sport Law 2nd Edition Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)